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The Fake Meat Scam

Using strategies to position it as a healthy alternative for natural meat, the industry's fake meat is just another name for ultra-processed food, full of GE and pesticide-laden ingredients designed to look as much like meat as possible.

By **Dr. Joseph Mercola**

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Story at a glance:

- Ultra-processed foods typically have five or more ingredients, many of which are not commonly used in home kitchens. This aptly describes the Impossible Burger and Beyond Burger, including fake blood processed from genetically engineered yeast to mimic the taste and texture of real beef.
- Although the soy-like hemoglobin used in the Impossible Burger is classified as generally recognized as safe, no tests have been done by independent labs on the product's safety. However, tests on lab rats altered the animals' blood chemistry; the company did not follow up on the results.
- The parent companies for Impossible Burger and Beyond Burger commissioned studies to assess the environmental impact of production against typical concentrated animal feeding operation (CAFO) beef production. Not surprisingly, they found their product had a lower impact. But it's not nearly as low as the beef production at White Oaks Pastures, which uses regenerative farming practices to produce natural beef products.
- If a plant-based, genetically engineered (GE) meat alternative is not enough of a science fiction adventure, consider the "meat" scientists are growing from stem cell cultures in the lab. Some see these alternatives as the lesser of two evils, but when holistic herd management improves the environment, your best choice is to seek food from natural sources.

The junk food industry has a new product they are offering in exchange for your health and finances.

Using strategies to position it as a healthy alternative for natural meat, the industry's fake meat is just another name for ultra-processed food, full of GE and pesticide-laden ingredients designed to look as much like meat as possible.

In an effort to get you hooked on it, it's marketed as healthier and better for the environment — which may lead you to believe you're eating good food while protecting your local air and water supplies.

The manufacturers are so intent on mimicking foods found in nature that they've even genetically engineered "blood" for their fake meat products.

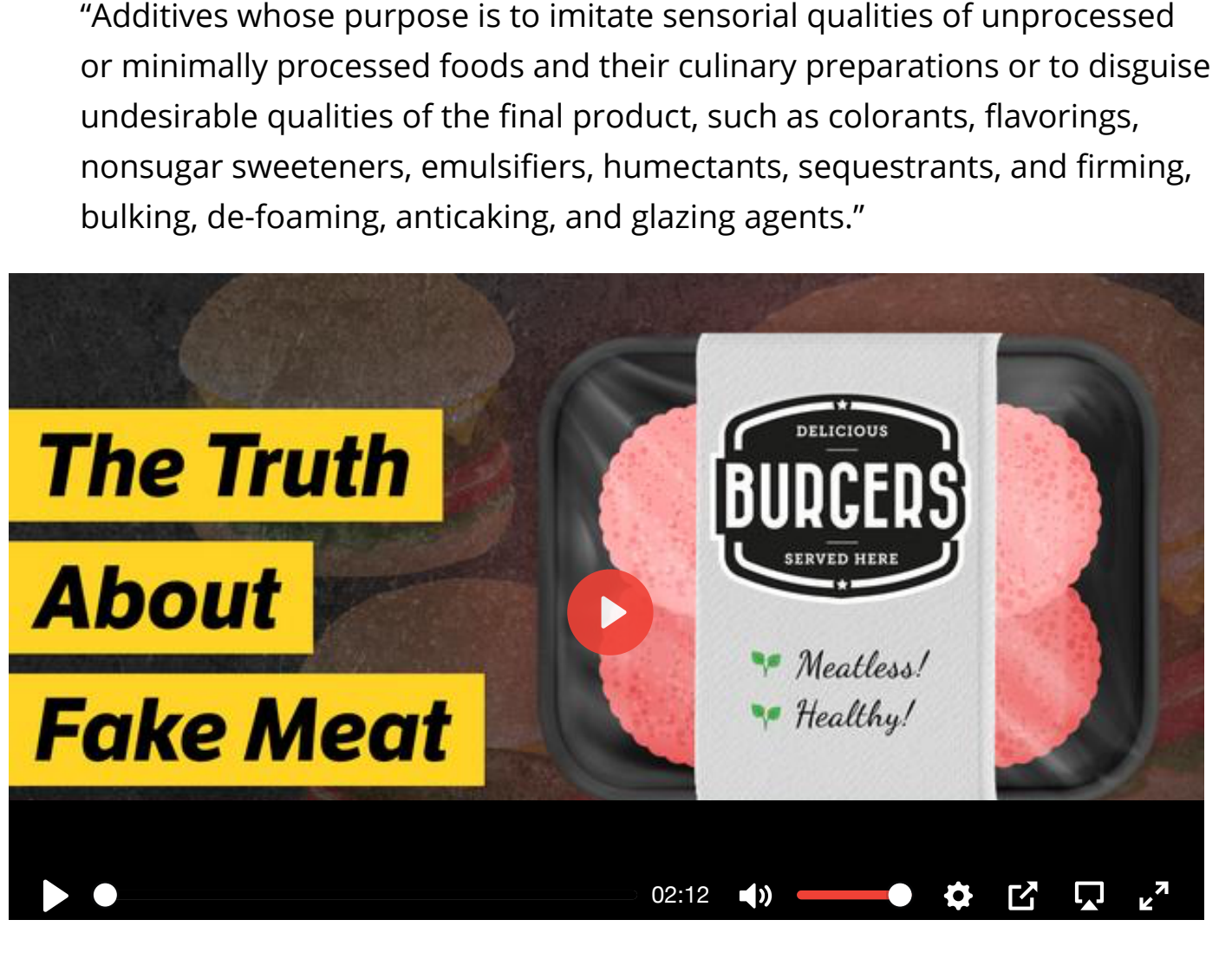
Food critics are divided on the taste, with some finding the texture pleasing, but not tasting like a burger. Others say that only when the burger is piled high with caramelized onions, vegan mayo and mashed avocado does the flavor likely approximate meat.

When it comes to organic offerings, food manufacturers would like you to believe they can improve on nature but, historically, this has been nearly impossible to achieve.

Ultra-processed foods have contributed to the obesity epidemic, rising rates of cardiovascular disease and an increased risk of all-cause mortality.

If you think ultra-processed foods are only found in the junk food aisle, though, it may surprise you to learn that, according to Current Developments in Nutrition, many foods you eat most likely include fake meat ingredients:

> "Besides salt, sugar, oils, and fats, ingredients of ultra-processed foods include food substances not commonly used in culinary preparations, such as hydrolyzed protein, modified starches, and hydrogenated or interesterified oils.
>
> "Additives whose purpose is to imitate sensorial qualities of unprocessed or minimally processed foods and their culinary preparations or to disguise undesirable qualities of the final product, such as colorants, flavorings, nonsugar sweeteners, emulsifiers, humectants, sequestrants, and firming, bulking, de-foaming, anticaking, and glazing agents."



Health is not driving a meat makeover

The Heart and Stroke Foundation of Canada warns you should not be swayed by deceptive marketing tactics using words such as "healthy" and "natural" when you make food choices.

Unfortunately, it appears that some consumers believe the advertising promises.

While called a plant-based meat alternative, Beyond Burgers and Impossible Burgers are an ultra-processed conglomeration of chemicals, concocted by pulling protein from soy and a few other processed concentrates.

Amy Keating, registered dietitian and Consumer Reports nutritionist commented:

> "… while its starting materials may be plants, the main ingredients are all highly processed concentrates, oils, and flavors. If you want the health benefits of plants, eat them as whole foods with their nutrients and fiber naturally present."

Adding to the discussion, both Impossible Burger and Beyond Burger have nearly the same amount of total fat and calories as real beef burgers. In addition, both also have much more processed sodium added.

As a reporter at NBC News so succinctly pointed out:

> "If eating more realistic fake meat was about health, the offerings would be far lower in salt content, contain fewer calories and have a bit less dietary fat. None of them do, because the point was never to live up to the marketing of healthier eating. It was to simply act as a smooth replacement for the meat we worried about eating in our day-to-day lives."

The fake meat industry is riding the coattails of the real risk that CAFOs pose to the environment and to human health.

However, fake meat manufacturers have turned to the laboratory to boost profits and drive sales rather than support sustainable and environmentally-friendly real food production.

Chemical-packed fake meat contains GE blood

After they mimicked the look and texture of meat, manufacturers gave consumers the taste and color of blood using a compound produced by genetically engineered yeast cells.

The compound is called soy leghemoglobin, coming from the roots of the soybean plant.

On a chemical level, it's similar to the heme iron molecule found in mammal blood and it adds some of the texture and bloody look of an all-beef patty.

But manufacturing it to scale is impossible with just soybeans — it takes one full acre of soybeans to produce 1 kilo of leghemoglobin.

Plus, it requires genetic work in the lab to insert the soy leghemoglobin into engineered yeast cells. During the fermentation process, the GE yeast produces large quantities, in addition to dozens of other proteins.

Impossible Burger's scientists fed the leghemoglobin to rats for 28 days to determine the risk of allergic reaction or toxicity.

Dana Perls, from Friends of the Earth, pointed out that the rats exhibited alterations in blood chemistry, which the company did not follow up on.

Unfortunately, the U.S. Food and Drug Administration (FDA) only requires research by the manufacturer to determine food safety and has not conducted any independent tests.

Michael Hansen, Ph.D., Consumer Reports senior scientist, notes there is no long-term data demonstrating the effect of soy-like hemoglobin in humans.

The process of manufacturing the compound yields at least another 45 by-product proteins, also consumed with the leghemoglobin.

The FDA has classified the Impossible Burger as generally recognized as safe using data provided by the University of Nebraska and the University of Wisconsin.15 Other experts are not convinced.

According to the Center for Food Safety, 94% of the soybean crops grown in the U.S. are genetically altered.

And, Hansen warns there are not enough data to determine human safety when consuming chemical compounds, as these compounds are produced from genetically altered yeast harvested from genetically altered soybeans.

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Marketing tactics used to convince consumers

As I've written before, junk food is based on junk science, or information aimed at driving profits at the expense of your health.

The fake meat industry has taken a page from other corporate interests such as the sugar and tobacco industries.

You may have noticed a cycle some producers have used, beginning with hype and marketing and often ending up in a revelation, sometimes years later, that the products are not as healthy as you were told.

The cycle is lucrative and makes more money for companies than subsequent lawsuits drain.

Vaping products, opioids, sugar-based products, traditional cigars and cigarettes and junk foods are just a few examples of items that haven't lived up to the hype and marketing strategies.

Meanwhile, millions — if not billions — flow into manufacturers' pockets.

One of the claims from the fake meat industry, as an example, is that their products are sustainable and leave a smaller carbon footprint than that of traditional beef productions.

When compared to CAFO facilities, where animals are often treated inhumanely, the waste damages to air and water supplies and the administration of antibiotics that contribute to widespread antibiotic resistance, they may have something to complain about.

However, moving from one broken system to another is never the answer.

Regenerative farms produce clean, healthy environments

To help them "prove" they have a better carbon footprint than live animal farms, Impossible Burger enlisted the help of Quantis, a group of scientists and strategists who help their clients take actions based on scientific evidence.

Beyond Meat commissioned the University of Michigan to conduct an assessment and compare the environmental impact of their production to that of typical beef production in the U.S.

The results were similar for both companies. According to the executive summary published on the Impossible Foods website, their product reduced environmental impact between 87% and 96% in the categories studied, including global warming potential, land occupation and water consumption.

In response, White Oak Pastures in Bluffton, Georgia, commissioned the same analysis by Quantis and published a 33-page study showing comparisons of White Oaks Pastures emissions against conventional beef production.

While the manufactured fake meat reduced its carbon footprint up to 96% in some categories, White Oaks had a net total emission in the negative numbers as compared to CAFO-produced meat.

Yes, negative.

Also of note, emissions for producing beef at White Oaks Pastures was much lower than the average production of soybeans, the base for plant-based burgers and leghemoglobin.

Quantis also found that White Oaks Pastures beef falls within and even below the range of production of other types of protein sources, including beef, pork, chicken and soybeans.

Additionally, emissions by White Oaks Pastures included a large negative soil carbon sequestration, which I've explained in many articles is essential to protecting against air pollution and climate change.

Speaking to Consumer Reports, Friends of the Earth's Perls added that the hype and advertising around alternatives to natural meat will distract from finding better solutions to environmental problems, and noted the true cost of producing fake meat cannot be known until it's being produced on a large scale.

These costs include damage to your health as well as to the environment. "Rather than creating new products that require more energy, more money, and more processed chemicals, why not invest in a truly sustainable system …" Perls said.

'Plant-based' not enough — others 'growing' meat in labs

If eating plant-based, GE grown meat alternatives laced with heme molecules to mimic the presence of blood is not enough of a science fiction adventure, consider the fact that scientists in Tel Aviv are "growing" meat in the lab from stem cell cultures.

A CBS News crew traveled to Tel Aviv to report on the story and had to sign a waiver to be able to taste the "meat."

CEO of Aleph Farms, Didier Toubia, told the crew he believes they can produce meat efficiently, more sustainably and in a healthier fashion than what has been traditionally offered.

When the CBS reporter commented on the "delicate portion" of meat served to him, appearing in the video to be no more than a thinly-sliced, 1-inch square, the scientist cooking the "meat" said:

> "Well, just to get this portion is a lot of work."

To get their product, the researchers have to extract stem cells from chicken and change the mix of protein. Then, they have to direct the cell growth, and it's all a slow, involved process.

Several other companies are jumping on the bandwagon, though, including Memphis Meats and Mosa Meats for beef and chicken, and Finless Foods and Wild-Type for fish.

Memphis Meats' leadership believes their controlled production environment may reduce the risk of bacterial contamination.

But Hansen, a senior scientist at Consumer Reports, points out that "bacterial contamination can occur" in laboratory environments and that "antibiotics are often needed to curb bacterial growth in cultured cell products form drug companies."

At this point, lab-produced meat is not available for sale. Kate Krueger, Ph.D., a New York-based research director focused on cellular agriculture, says it may be "four to six years before 'ground' meats are available and a decade or more before we see cuts like steaks," in the grocery store.

Choose grass fed, not genetically altered food

Although many see lab-created meat substitutes as the lesser of two evils when compared to the CAFO meat that's currently dominating the market, altering the natural order of the lifecycle is not the answer.

Analyses on regenerative agriculture have demonstrated holistic herd management as having a positive impact on the environment and producing healthy meat and dairy products.

Ultimately, fake food contributes to the rising number of people who suffer from health conditions related to the foods they eat, such as diabetes, heart disease and obesity.

For health reasons, ecological reasons and your future, I recommend skipping meat alternatives and opting for real beef raised using regenerative farming practices.

When you do shop for meat, look for a local organic farmer or Demeter (biodynamic) and American Grassfed Association certifications on the meat.

These accreditations designate foods produced under high-quality, sustainable and environmentally sound practices.

Originally published by Mercola.

The views and opinions expressed in this article are those of the authors and do not necessarily reflect the views of Children's Health Defense.

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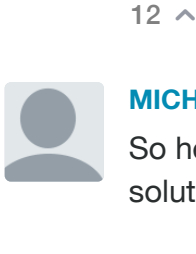

Dr. Joseph Mercola

Dr. Joseph Mercola is the founder of Mercola.com.

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Lana fuck me · a month ago
Wow Really?
12 ^ | v · Reply · Share ›

MICHAEL · a month ago
So here's how it goes...the corporations want to help poison people to be part of the solution to reduce population. And they want to make money while doing that.

So they create CAFOs to produce beef and feed the cows GMO corn and soy...BTW cows don't eat those and when they do, they belch and pass methane gas like crazy right before they keel over and die. So these guys create a completely unsustainable system of raising cows for dairy and beef, same for chicken and pigs...and then when that system breaks down they blame cows for the climate problem and tell you they have to replace them with Impossible Beef to fix the problem. An it's all natural and healthy.

Are we really that stupid that they can pull this off?

I guess maybe we are because we allowed a criminal organization who has been convicted multiple times for lying and paid billions in fines in charge of developing our vaccines...how does that makes sense in any world and we elect politicians who make decisions like that?

I guess we are either stupid and we just don't like to complain.
10 ^ | v · Reply · Share ›

Robbi · a month ago · edited
The TASTE of blood is derived from fetal kidney cells fermented with the yeast from Aborted Babies according to 'Fall of the Cabal' and THIS ALONE us the reason I will NEVER even try the POISON. Virtually every single plant producing the 'FAKE MEAT POISON' is also located within minutes of an Abortuary in every location. The number of fetal kidney cells are so few, the FDA doesn't require them to be reported. But then, even beef grown AROUND THE WORLD has been SUCCESSFULLY LOBBIED IN CONGRESS AND THE FDA to still be classified as Grade A, U.S.A. Beef WHEN IT'S NOT.
Every Alphabet Agency in the D.C. Sewer needs to be DISMANTLED to remove the CORRUPTION AND INCOMPETENCE from Govt.
9 ^ | v · Reply · Share ›

tag → Robbi · 25 days ago
I want to know why vegans that are so against meat support this garbage that looks??, taste?? and bleeds like meat? Support fetal cells in your food chain, GMO's and highly processed lacking all nutrition. Honestly I have never understood a vegan's thinking process. Everyone I have ever known looks sick. My guess they will also jump on the meal worm and cricket diet coming soon. To much propaganda bought and too many jabs?
Gotta go! My grassfed beef pot roast with all kinds of veggies is done!
4 ^ | v 1 · Reply · Share ›

blessthebeasts → tag · 25 days ago
True vegans are not the intended market for fake meat. We are revolted by it. It's aimed at people who are trying to lower their intake of meat and is no worse than the processed "food" that most people eat.
6 ^ | v 1 · Reply · Share ›

Cookiepress → blessthebeasts · 25 days ago
Maybe some of you are revolted by it but I know several people who love it and want more.
2 ^ | v · Reply · Share ›

Petrichor → Cookiepress · 19 days ago
They are welcome to my share
^ | v · Reply · Share ›

tag → blessthebeasts · 22 days ago
Fair question. Vegans are against all animal products including milk. Do vegans breast feed or is that a no no as it is milk from a mammal? And also would love to see you "scientific" data that ANY highly processed food is health promoting and the fake meat is the same as other processed food "most people eat" That right there tells me you don't have a clue. You desperately need to do some research and skip the google thing. ALL highly processed so called food will never promote health. The only thing it promotes is a paycheck to Pharma, big Ag and your Dr. and hospital. Patient for life = Big Bucks. And you are right about one thing. Garbage that "Most people eat" Most people today don't even know what real food is, where it comes from or how it is grown. Let alone how to cook without microwave instructions. Might also want to check out the parking lots at clinics and hospitals to see where MOST people have it ALL wrong. I don't know about where you live but where I live those lots are always packed. Health? Or just disease management.
^ | v 1 · Reply · Share ›

Cookiepress → tag · 20 days ago
https://thereasonedvegan.co...
^ | v · Reply · Share ›

Cookiepress → tag · 20 days ago
I read about a group of vegans who refuse to breastfeed because the milk is not vegan.
^ | v · Reply · Share ›

Eileen Heefner → Cookiepress · 20 days ago
Hey, I'm trying not to be condescending but just think: all mammals must be breastfed by the mother in the months of life starting immediately after birth. But no mammal knowingly/intentionally consumes the milk of another mammal... that's why a vegan diet stresses the consumption of what is meant to be normal/natural. Yes, you CAN have the milk of another mammal other than your species (like cats drinking cow's milk), but can it cause health problems later in life? The businesses profiting from your choice are banking on you/your scientific community being unable to discover this until much later on; reasoning that people get so used to the milk that it becomes the accepted norm; nobody questions it. If you don't believe FDA "promotes" attitudes that benefit Big Food/Big Pharma, you may be interested to know: Mr. Gates provides FDA with roughly 45% of their funding; he also holds controlling stock in Pfizer (maker of most of the C0V!d vaccines).
^ | v · Reply · Share ›

Gig2424 → tag · 6 days ago
Healthy vegans who are truly whole-food, plant-based don't support this non-food-item. You aren't researching very much at all to find healthy vegans. ("Everyone I have ever known looks sick.") I changed my diet 24 years ago. I'm often mistaken for being 15 years younger than I am. My younger brothers look like old men. I am the only person in my family, and in my generation, to not have one or more of the following: high blood pressure, high cholesterol, heart disease, Type II diabetes, cancer. Meanwhile, I make a homemade "burger" from portobello mushrooms that is delicious and I know what is in it (and it surely doesn't contain an "ultra-processed conglomeration of chemicals, concocted by pulling protein from soy and a few other processed concentrates").
^ | v · Reply · Share ›

Freedom 4 All → tag · 12 days ago
Great statement—schools teach little about reality. What's your take on what they call "The Carnivore Test"?
^ | v · Reply · Share ›

Beatrice · a month ago
Most everything touted by big industries as environmentally friendly and sustainable is a farce. Recycled fashion is one of the biggest polluters, local recycling efforts are a farce since most people use their recycle bin for non-recyclables, wind power uses electricity which uses coal which comes from mountains and so on. Look, no one gets a free lunch and frankly any of us with a grain of commonsense knows that our greedy corrupted government isn't going to support any type of technology, food, fuel or other resource unless it's lucrative for them. This is why we are all putting sugar cane in our gas tanks now. Remember when sugar was a motor killer? But G-d forbid any of us use bio-diesel made from KFC chicken grease. This is why we have dangerous medications on the market, why we have toxins in our water and air. How many politicians actually know or care anything about science, medicine, nutrition, soils, viruses, etc..Heck, most of them don't even know their own children. How many of them will sacrifice that 350 dollar Friday night ribeye dinner for laboratory grown tissue?
9 ^ | v · Reply · Share ›

IamaproudAmerican · a month ago
Our local grocery store was putting fake meat in the meat case and I never saw anyone buy it. Now it's back in the fake food section that everyone still ignores.
6 ^ | v · Reply · Share ›

tag → IamaproudAmerican · 25 days ago
Have seen the same thing. it occupies maybe a 10 inch spot in the long meat counter and have never seen anyone "bite" on it. Didn't they try this veggie burger thing 15 years ago? I actually bought some and it was so GROSS!
2 ^ | v · Reply · Share ›

Les Preston · a month ago
Whoa ho ho You forgot to mention Bill Gates huge cricket farm up in Canada that produces cricket beef. I heard he supposedly is allowed to sell it as beef. I could be wrong. Still how can we be sure what we are eating?

When it comes to school lunches will there be any say in what the government feeds our kids? Pink slime- https://www.publicschoolrev...
4 ^ | v · Reply · Share ›

Cookiepress → Les Preston · 20 days ago
I buy grass fed from a local farm also organic chicken from another one. Glad I have those options
2 ^ | v · Reply · Share ›

tag → Cookiepress · 12 days ago
So do I and glad too. I have my own egg laying hens also. Most spoiled chickens on the planet!
^ | v · Reply · Share ›

tag → Les Preston · 22 days ago
Plant gearing up in Iowa also. No doubt farmer billy owned as he is now the biggest land owner in the US. going to shove his garbage anyway he can.
2 ^ | v · Reply · Share ›

Thomas James · a month ago
As opposed to Impossible, I thought Beyond was actually entirely non-GMO?
4 ^ | v · Reply · Share ›

Marco Chiesa · a month ago
I am very surprised that tha author is not considering the ethical dimension of eating 'real meat'. This involves the exploitation, suffering and grim slaughter of billions of sentient animals, by gassing them or cutting their heads off. Just on ethical grounds alone plant-based alternatives ought to be considered.
6 ^ | v 2 · Reply · Share ›

LouRich → Marco Chiesa · 25 days ago
Plant farming kills millions of animals a year, including domestic cats, rats, squirrels, baby deer, wild pigs, birds, snakes, and the list is virtually endless. Millions. Someone who eats nothing but meat is responsible for the death of maybe two ruminate animals a year. If you include chicken and pigs, then a few more. Also, plant farming uses tons more water per acre to grow everything from almonds, to avocado, to soy, compared to the amount of water used for animal farming. There is also not a binary between CAFO animals and plants. There are many options for sustainably humanely raised animals who free range their entire lives before being butchered. We need to invest in this type of farming, and reject the plants. We are also not responsible for "feeding the world". This idea is simply a cover excuse for imperialism and domination. The world can feed itself locally when ConAgra and Bill Gates get out of the way. Do some research outside of the vegan propaganda machine, which does not care about you, about animals, or about the environment. The vegan propaganda machine is funded by special interests-- corporations, WEF, and 7th Day Adventists.
5 ^ | v 2 · Reply · Share ›

Ty Shlackman → LouRich · 25 days ago

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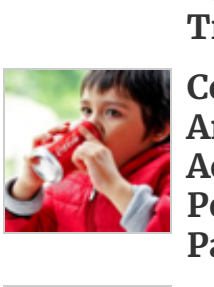

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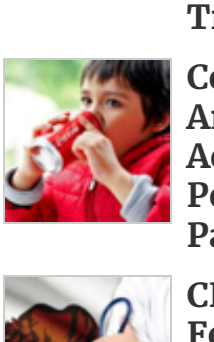

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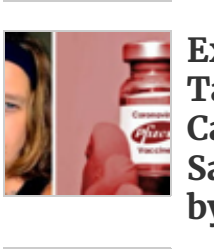

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If you eat nothing but animal foods you'll die fast from scurvy and other preventable diseases. Excess fat and protein in the diet destroy people's health. Farming plants isn't harmful to animals or the environment. It's bad agricultural practices such as the use of pesticides, GMOs, monocrops and animals kept in cages on factory farms, fed antibiotics and growth hormones and injected with vaccines that are harmful to the planet and to animals. You also have to kill tons of animals to keep people eating meat. Organic regenerative practices used by ethical farmers benefit animals and the environment. Leave the production of meat for people's carnivorous pets who need it.

3 ⌃ | ⌄ 1 · Reply · Share ›

Ty Shlackman ➦ LouRich · 25 days ago

You can't get any phytochemical compounds on an animal based diet which are needed to modulate the immune system, cleanse and detoxify and stop oxidation caused by toxins, pathogens and free radical molecules. Animal foods have very few nutrients and the ones they do have can't be absorbed well because the high fat content in animal foods causes insulin resistance.

2 ⌃ | ⌄ 1 · Reply · Share ›

blessthebeasts ➦ LouRich · 25 days ago · edited

If you use your head and some basic arithmetic, you'll realize that most of the crops grown around the planet are fed to livestock. So if you really care about those rodents killed, you'll stop eating the animals those crops are fed to. BTW, it takes 10 times as much water to produce a pound of beef than a pound of grain. It takes 100 times more than growing an avocado. If you really care about conserving water.....

1 ⌃ | ⌄ 2 · Reply · Share ›

tag ➦ Marco Chiesa · 25 days ago

So what are you going to do with all these "abused" animals. Most vegans think they should be killed to eliminate their suffering. HUH? If that your answer, kiss off your dogs and cats as they are all carnivores and no matter how bad you want them to be vegan, you'll kill them anyway. What about the cultures that totally rely on animal protein? Are you willing to take responsibility for eliminating millions world wide so you can have a feel good moment? I really have a short fuse for posters that think they have all the answers and post nonsense without ever looking at all aspects. What you might want to do is switch your "fix the world" to CAFO's. That is where the abuse is. There are many, many farmers that treat their animals right and with respect.; God put these animals here for a reason. Pick up the book!

1 ⌃ | ⌄ 2 · Reply · Share ›

tag ➦ tag · 22 days ago

To bless the beast who down votes but has no answer. How typical and fickle is that. You got all the answers? Bring them on! Have to start by thinking with your head and common sense and not your emotions. And as far as blessing the beast? Bet you never grew up with a much loved family milk cow. Abbey was her name. Chickens? Naw. Had horses for 30 years? Naw. I have worked with animal, all kinds of animals since my first job at 3 years old gathering eggs and holding the milk buckets for baby cows. I have been a pet groomer for 50 years, had 2 boarding kennel facilities, worked in Veterinary field and had a kitten rescue for 3 years. This rescue only took in feral kittens withing a 5 mile radius of my home and in 3 years found homes for 150 kittens, all altered and vaccinated at my expense. Ever some surgeries to save their lives! . Also for 25 years sold hand made pet products world wide. All of these years was in the same town so if abusive don't ya think I would have been prosecuted by now? SO tell me bless, what have you done besides run your mouth?

1 ⌃ | ⌄ 2 · Reply · Share ›

TellTheTruth-2 · 20 days ago

The very thought of fake meat is disgusting. Sadly, I suspect before it's over they won't have to tell us it's fake.

2 ⌃ | ⌄ · Reply · Share ›

Sustainer · 25 days ago

Milk, too. I keep seeing ads on Facebook for "vegan cow milk" products. Vegan because it isn't squeezed out of a cow, but cow milk because it's produced using cow DNA. So messed up!

2 ⌃ | ⌄ · Reply · Share ›

tag ➦ Sustainer · 22 days ago · edited

Vegan milk? when's the last time you milked a plant? Are the vegans against breast feeding their children? Milk from nuts and soy? How yummy! Grass fed raw milk from a Cow... bad...GMO's with a dose of roundup is Good? No wonder our kids are sick with issues that were never even heard of when I grew up. They have parents that are already living in the Meta Verse.

⌃ | ⌄ · Reply · Share ›

tag · 25 days ago

I'll stick with my grass fed animal products purchased from a regenerative farmer and my own garden where i grow all kinds of beans, carrots, radishes, peas, potatoes, onions, garlic, tomatos, peppers, beets, greens, cucumbers, melons and all kinds of herbs. All summer long i haul in food including about 2 doz a day fresh eggs. I can, freeze, dry store and also save my seed for the following year. i do this on 2 acres and don't rely on a grocery store all winter and I would quit eating meat if the fake garbage was all I could get. Eat REAL food and ditch the highly processed garbage. Your health issues will improve. Pay a farmer or pay the insurance companies, the hospital and the MD. Trust me, the farmer works cheaper.

2 ⌃ | ⌄ · Reply · Share ›

PrudentGrace · a month ago

Not to defend Beyond processed food products but to clarify the misinformation found in this article, Beyond is made without GMOs, soy, or gluten

3 ⌃ | ⌄ 1 · Reply · Share ›

EJ ➦ PrudentGrace · a month ago

Most canola oil is gmo and the plants used are not specified as organic. (and of course it's major owners are Blackrock & Vanguard...)

3 ⌃ | ⌄ 1 · Reply · Share ›

tag ➦ EJ · 22 days ago

People need to get an education to what labels really mean. Free range? A few square feet that the lot of 1000 animals will never see. Labels are pure propaganda, used to buy the emotionally driven flock. find a local farmer where you can actually visit the farm or grow your own. Same thing with the organic label.

1 ⌃ | ⌄ · Reply · Share ›

Chris ➦ PrudentGrace · a month ago

Thank you for pointing out some major misinformation in this article.

1 ⌃ | ⌄ · Reply · Share ›

Angela AngelaAngela · 25 days ago

Killing animals for food when you have healthy whole food plant-based options is absolutely cruel and wrong. The Whopper is not healthy. Impossible Burger and Beyond Meat provide a more ethical option with an equivalent health outcome. They are not worse than a Whopper health-wise. These products are for people who want the flavor and the fast food experience. A whole food plant-based diet is both healthy and more ethical than eating any kind of meat. Please stop killing and eating the tortured remains of innocent animals when you DO NOT HAVE TO.

2 ⌃ | ⌄ 2 · Reply · Share ›

tag ➦ Angela AngelaAngela · 22 days ago · edited

Bot alert! Please read my post on the subject. You have been so deceived. Going to make your dog a vegan? Kiss that pup goodby.

1 ⌃ | ⌄ · Reply · Share ›

mcwinaz · a month ago

NO thanks on the 'real' beef. I am a vegetarian, moving towards veganism, and have no desire to eat something that has a face, feels pain/fear, and has a mother/father.

1 ⌃ | ⌄ 3 · Reply · Share ›

Chris ➦ mcwinaz · a month ago

Bravo!

1 ⌃ | ⌄ · Reply · Share ›

tag ➦ mcwinaz · 25 days ago

Wait. Embryo's have a face and a mother and father. So saying the fake garbage fits your needs?

⌃ | ⌄ · Reply · Share ›

mcwinaz ➦ tag · 25 days ago

'Tag' - you are combative on every post from people who are not meat eaters. It is a choice, just as yours is to eat meat. Try to be a little more respectful on your posts.

1 ⌃ | ⌄ 2 · Reply · Share ›

tag ➦ mcwinaz · 25 days ago

Try to post something using your intelligence instead of your emotions. I have no problem if you don't want to eat meat but you also need to accept we are not all abusers. And you have no idea how many people that would die if livestock was eliminated from the human diet. Please stop with your opinion until you are willing to look at all angles, not just your own.

1 ⌃ | ⌄ 2 · Reply · Share ›

mcwinaz ➦ tag · 16 days ago

Stop with my opinion? With that statement, I think you'll find more friends on the censored sites, not CHD.

⌃ | ⌄ 2 · Reply · Share ›

tag ➦ mcwinaz · 13 days ago

Might try to appreciate the ones that are trying to set your mind straight again. Not my opinion but if your did some simple research would figure out it is fact. Eat the lies if you must but stop with criticizing the people that HAVE done the research.

⌃ | ⌄ · Reply · Share ›

Freedom 4 All ➦ tag · 12 days ago

What's your take on "The Carnivore Test"?

⌃ | ⌄ · Reply · Share ›

Ninsuna · 19 days ago

I've been vegetarian since 1965 at age 14. A year or so ago, someone gave me a package of "Beyond Beef" and I tried it.

After one bite, I immediately vomited in my kitchen trash can! And I've always had a strong stomach. Black bean burgers and soy burgers never made me vomit. Real meat never made me vomit back when I ate it.

I knew immediately something is really wrong with this new "fake meat" garbage.

⌃ | ⌄ · Reply · Share ›

DubbyD · a month ago

There's a good documentary about this subject called Beyond Impossible on Tubi. Worth watching.

⌃ | ⌄ · Reply · Share ›

Voyt Regnal · a month ago

..."your best choice is to seek food from natural sources."
Then let us eat bugs..🤮..😠

⌃ | ⌄ 1 · Reply · Share ›

DubbyD ➦ Voyt Regnal · a month ago

Not really a natural source of food for most people.

2 ⌃ | ⌄ · Reply · Share ›

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